

# My Personal Contract

Name: \_\_\_\_\_

Date: \_\_\_\_\_

I need to be better at:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

These are the steps I will take:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I have \_\_\_\_\_ to help me stick to my plan.

Signed \_\_\_\_\_

Witness \_\_\_\_\_

Date and Initial each day for four weeks.
